

Helpful Tips for Controlling Triggers at Home

- 1 | Take it outside.** One of the most common asthma triggers in the home is secondhand smoke. Until you can quit, smoke outside, not in your home or car.
Utah Tobacco Quit Line 1.888.567.TRUTH (8788)
Utah QuitNet: utahquitnet.com
- 2 | Good night, little mite!** Dust mites are also triggers for asthma. For mite control, cover mattresses and pillows with dust-proof (allergen impermeable) zipped covers. Wash sheets and blankets once a week in hot water.
- 3 | A little goes a long way.** Reduce everyday dust buildup by regularly dusting with a damp cloth and vacuuming carpet and fabric-covered furniture.
- 4 | Stake your claim.** Household pets can trigger asthma with skin flakes, urine, and saliva. Keep pets outdoors if possible.
- 5 | Uninvite unwelcome guests.** Cockroaches can trigger asthma. Don't invite them into your home by leaving food or garbage out. Always clean up messes and spills and store food in airtight containers.
- 6 | Think before you spray.** Instead of pesticide sprays, control pests by using baits or traps. If sprays are necessary, always circulate fresh air into the room being treated and keep asthma sufferers out of that room for several hours after any spraying.
- 7 | Break the mold.** Mold is another asthma trigger. The key to controlling mold is controlling moisture. Wash and dry hard surfaces to prevent and remove mold. Replace moldy ceiling tiles and carpet.
- 8 | Air it out.** Reducing moisture will control asthma triggers like mold, cockroaches, and dust mites. Use exhaust fans or open windows when cooking and showering. Fix leaky plumbing and other unwanted sources of water.
- 9 | Post a note.** Post an asthma action plan on the refrigerator to help control asthma triggers and reduce asthma attacks in your home and share it with others.

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